

Your next adventure awaits!

The new ParkConneCT program expands transit service and connections to some of Connecticut's most popular state parks. Start your journey with the information below.

From Hartford:





- Take CTrail Hartford Line from Hartford Union Station to New Haven Union Station
- Transfer to New Haven Line (Metro-North) to continue to Milford Station
- Connect to the Silver Sands Shuttle 7 days/week

From New Haven:



- Take New Haven Line (Metro-North) from New Haven to Milford Station
- Connect to the Silver Sands Shuttle 7 days/week

New Haven Milford Station Union Station

From New London:





- Take CTrail Shore Line East from New London Station to New Haven Union Station
- Transfer to New Haven Line (Metro-North) to continue to Milford Station
- Connect to the Silver Sands Shuttle 7 days/week

From Stamford:



- Take New Haven Line (Metro-North) from Stamford to Milford Station
- Connect to the Silver Sands Shuttle 7 days/week

Additional Information

- The Silver Sands Shuttle will enter the park via the Silver Sands Pkwy and stop at the interior lot next to the boardwalk
- Milford Transit District Route 3 will continue to serve the fisherman's lot off East Broadway, M – F
- Bus connections to the Silver Sands Shuttle are available from the Coastal Link at Milford Train Station and CTtransit at CT Post Mall
- Park admission is free when arriving by bus
- Silver Sands Shuttle is fare-free 7 days/week; all connecting bus routes are fare-free on weekends through Labor Day

Operator Information

New Haven Line (Metro-North)

New.MTA.info 877-690-5114 Milford Transit District MilfordTransit.com 203-874-4507

CTrail HartfordLine.com | ShoreLineEast.com 877-287-4337